

# Burrrrr, It's chilly out there !

Cold weather is here and it is time to review some important winter safety tips:

## Learn the Lingo:

Wind chill: A calculation of how cold it feels outside when the effects of temperature and wind speed are combined.

Winter storm watch:



Indicates severe winter weather **MAY** affect your area.



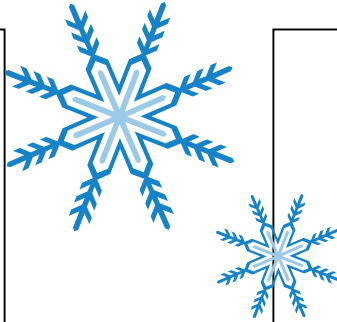
Winter storm warning:

Severe winter weather conditions **WILL** affect our area.



Blizzard warning:

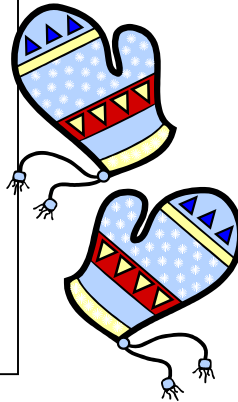
Large amount of falling or blowing snow



**About 70 % of winter deaths related to snow and ice occur in automobiles . Travel by car in daylight, do not travel alone, keep others notified of your schedule and stay on**

## Winter Health Hazards:

- ❖ Overexertion: Cold weather puts an added strain on the heart. (no this doesn't mean your getting out of shoveling that snow) Be sure to stretch before you go outside, dress warm and slow down.
- ❖ Frostbite: Is damage to body tissue caused by tissue being frozen. Symptoms include a loss of feeling and white or pale appearance in fingers, toes, nose and/ or ear lobes.
- ❖ Hypothermia: Occurs when a person's body temperature is below 95 degrees. Symptoms include uncontrollable shivering, slow speech, memory lapses, frequent stumbling and drowsiness.
- ❖ If frostbite or hypothermia is suspected, seek medical attention immediately. **SLOWLY** warm the victim. **DO NOT** give them anything hot to drink or alcohol. Give them **WARM** liquids only



## Prepare an emergency kit for your car:

- ❑ Shovel
- ❑ Windshield scraper
- ❑ Battery powered radio
- ❑ Flashlight
- ❑ Extra batteries
- ❑ Water
- ❑ Snack food
- ❑ Mittens
- ❑ Hat
- ❑ Blanket
- ❑ Road salt or cat litter
- ❑ Emergency flares
- ❑ Cellphone
- ❑ Jumper cables
- ❑ Fluorescent distress flag

## Winterize your home:

- ❖ Insulate walls and attic.
- ❖ Caulk and weather-strip doors and windows or cover windows with plastic.
- ❖ Wrap pipes with insulation or newspaper to prevent freezing.
- ❖ Maintain an adequate fuel oil supply.
- ❖ Purchase rock salt or cat litter for slippery walkways.
- ❖ Keep your home at a consistent temperature. Fluctuating the room temperature causes a dramatic increase in energy (fuel oil) consumption. Put a sweater on. You won't save any money by turning it down for short periods of time.



For more information on preparing for emergencies call the Emergency Management Office at 295-8344.

